



the Shelton State Statement

A Publication of Shelton State Community College

Shelton State Instructor Named One of Nation's Top Teachers

Shelton State instructor Linda Grote has been selected one of the nation's top 50 instructors in community colleges for 1993.

Representing the state of Alabama, Mrs. Grote was selected to be a 1993 Excellence Award winner through competition sponsored by the National Institute for Staff and Organizational Development (NISOD). Representing a consortium of more than 600 community colleges, NISOD selects a group of 50 master instructors each year as a way of recognizing excellence in teaching and to promote awareness of the growing enrollment in community colleges.

Recipients of the awards are chosen by a panel of college educators and administrators.

NISOD, which was founded at the University of Texas, announces the Excellence Awards winners annually at the international conference on teaching excellence and conference of administrators held in Austin, Texas.

Mrs. Grote serves as chair of the Speech, Fine Arts, and Social Science Division of the college. She is currently one of two faculty advisors to Shelton State's Phi Theta Kappa Chapter, national community college honorary.

Kimberly-Clark Donates \$2 Million Property To Alabama College System

Kimberly-Clark Corporation has donated land and buildings valued at \$2 million to The Alabama College System, the governing body for Alabama's two year colleges. The property is located on Lay Lake near Childersburg and will become the headquarters for a new state program on environmental education.

The donation consists of a conference center, a historical village which recreates the heritage of Central Alabama in the 1800s and approximately 250 acres of land. In conjunction with the gift, State Board of Education member Dan Cleckler announced the formation of a new statewide educational alliance called the Environmental Science Consortium.

The consortium, which includes eight of the Alabama College System's two-year institutions, will offer a range of educational services to groups throughout Alabama and will use the donated conference center as its headquarters.

In addition to being headquartered at the site, the consortium will use the conference center, historical village and adjoining land as:

- a training facility for instructors of associate degree environmental programs,
- a natural resources laboratory benefiting 4-H, Future Farmers of America (FFA) and other youth groups; and
- a learning center for elementary and secondary history and social science students.

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Shelton State Chosen to Participate in the Leadership Development Program

Shelton State Community College has been selected to participate as one of only 32 institutions in the U.S. and Canada to participate in Phase Two of the first International Leadership Development Program for community, technical and junior colleges.

Brenda Ryan and Linda Grote, faculty members at the college, will represent the institution at the faculty instructor training session in September, 1993, in Airlie, Virginia. These instructors will be among the first to participate in this unique leadership training program which will certify them to teach the leadership development course on their home campus.

The Leadership Development Program will be provided as a three-hour course or as a non-credit enrichment seminar and can be adapted to student or community outreach formats. It provides seminar type instruction with supplementary learning videos, specially developed modules, and group discussion formats. No lecturing is allowed in this 'learn by doing' course.

The training will include activities and exercises focusing on such areas of leadership as Goal-Setting, Ethical Dilemmas, Conflict Resolution, Team Building, Change Making, Delegating, Time Management, Interpersonal Skills, Decision-Making, Community Service and Oral and Written Communication.

Shelton State was selected as one of the initial institutions to participate in the program because of the faculty and administration's exemplary involvement in community education and honors programs, and the college's continuous commitment to the development of its student's unique leadership potential.

Shelton State Fredd Campus Moves to Semester System

Last summer, Shelton State Community College, in a pilot program, became the first two year college in Alabama to move to the semester system. In February 1993, the State Board of Education merged Shelton with Fredd State Technical College, making the new institution one of the largest in the state. This fall Fredd joins the rest of the college by moving to the semester system.

During the summer, the curriculum at Fredd was revamped within the semester system. The programs at Fredd are the same but have now been converted to the semester system. In addition, the Shelton administration has been working with the faculty at Fredd to help prepare them for the Commission on Occupational Education Initiative that will be part of the visit by the Southern Association of Colleges and Schools scheduled for the fall of 1993.

Shelton State Receives Money for Access Roads to New Campus

Shelton State Community College received notification this spring that the college will receive \$110,000.00 from the state for access roads to Shelton State Community College's proposed campus on Highway 69 South. Probate Judge Hardy McCollum said the grant was awarded by the Alabama Industrial Access Bond Authority.

Rick Rogers, assistant to Shelton President Tom Umphrey, said the grant is the first step in a \$30 million building program. The grant will provide access roads to the new college campus on Alabama Highway 69 South. Construction of the new campus could begin once federal money and a state bond issue are secured, possibly within two years.

Official With U.S. Department of Education Addresses Shelton Graduates

Dr. Caroline Gillin, director of the Division of Institutional Development (Title III), Department of Education spoke to over 300 graduates during Shelton's 1993 graduation exercises. This year the college awarded diplomas to graduates from the Fredd Campus as well as those from Skyland and Fifteenth Street campuses.

As director of the Division of Institutional Development for Title III, Dr. Gillin oversees a budget of over 200 million dollars that is used to assist developing institutions of higher education.

She completed her undergraduate work at Mercy College in Detroit, Michigan and received her master's and doctoral degrees from Wayne State University. Before assuming her current position with the Department of Education, Dr. Gillin was chief of program operations for the program. Dr. Gillin has also served as deputy to the Secretary's regional representative for the Department of Education in Region V which also includes Illinois, Indiana, Minnesota, Michigan, Ohio and Wisconsin. She has also been acting secretary's regional representative for Region IX, regional commissioner for education programs in Region IX. She originally began working for the government through the Teacher Corps program.

Shelton State Holds Annual Honors Night Program

Shelton State held its annual Honors Night ceremony in May and Callie Wilson, a wife and mother of three children, was named the 1993 recipient of the Leo Sumner Award, the highest honor bestowed by the college on a student. Mrs. Wilson is a sophomore at the college and is a member of the Associate Degree Nursing Program. She graduated from the college's license practical nursing program in 1991 and entered the ADN program that fall. She leaves Shelton with a perfect 4.0 grade point average.

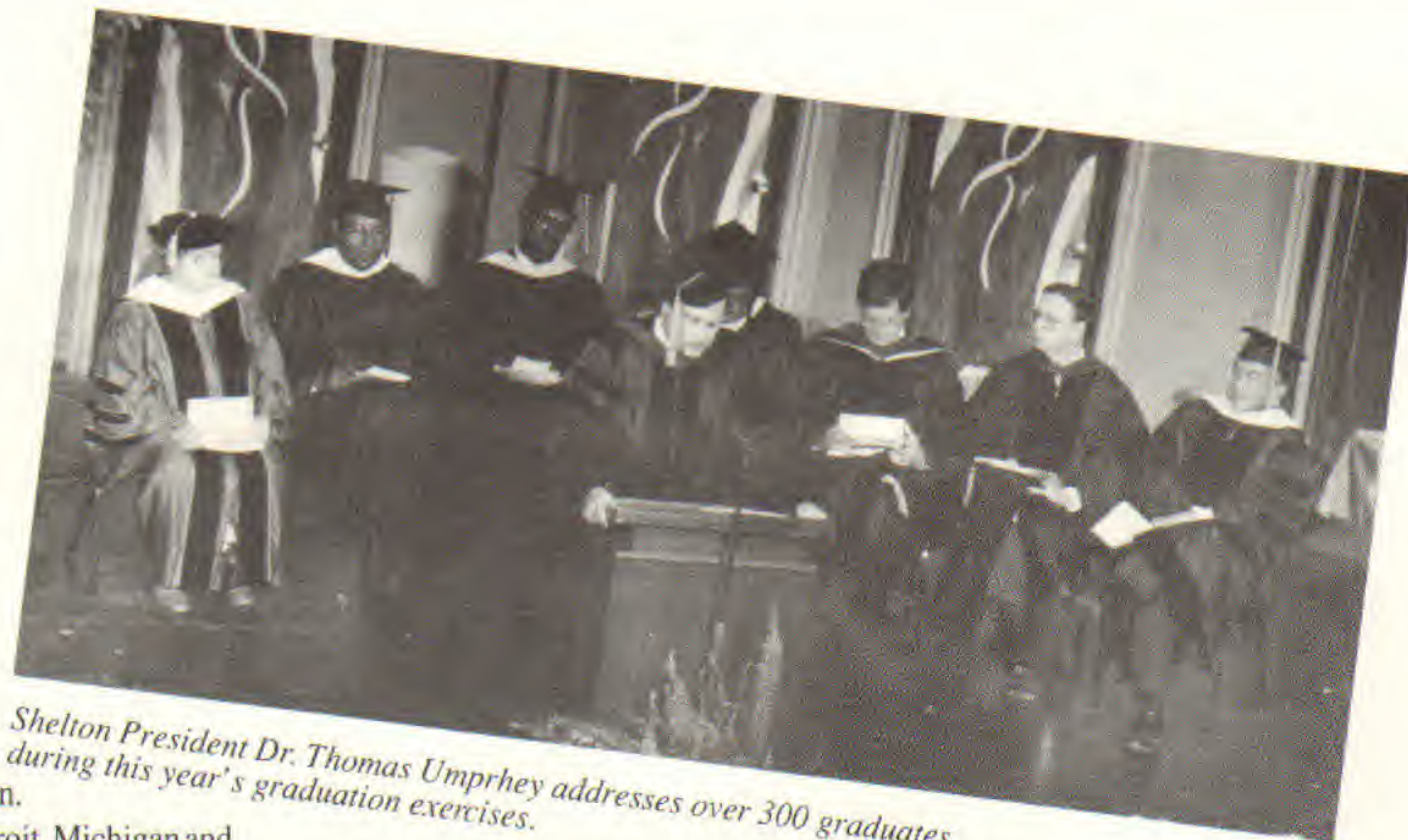
While at the college, she was the recipient of several academic scholarships and was awarded a West Alabama Health Council Scholarship through the Shelton State Foundation this year.

While working as a private duty nurse on the weekends, Mrs. Wilson still managed to help others within the community. This year she conducted a health education class on nutrition for 30 senior citizens who are members of Cottondale Baptist Church. Mrs. Wilson is also a member of the choir and is an active member of the church. She also served as a leader of "Mom's in Touch" prayer group associated with Tuscaloosa Christian School. She is a member of the Shelton State Association of Nursing students and has worked with fund-raising efforts for the organization.

James Preston Harrison was honored by being named the 1993 recipient of the James B. Allen Award. Harrison is a member of Shelton State's chapter of Phi Theta Kappa, national community college honorary, and the college chemistry club. This year he traveled with the chemistry club giving "magic show" presentations at area elementary schools. While at the college, he maintained a 3.7 grade point average and was named to the President's List. Last year during Honors Night, he received the History Honors Award.

Harrison is a member of New Hope Baptist Church where he serves as Sunday School superintendent, junior boys teacher, and he is active in other areas of the church. During the evening, he works on the college's Fifteenth Street campus. Harrison is married, and he and his wife live in Northport.

Several students received scholarships from four year colleges and universities to complete their education. Jean A. Epps and Hildred R. Johnson received New Options scholarships. Jean Ingram received a music scholarship to the University of Montevallo. Jacki Fazeli was named the recipient of the Belinda Hughes Scholarship which was awarded through the Shelton State Foundation. The Belinda Hughes Scholarship was established by members of the support staff on the college's Skyland campus in memory of a former co-worker.



Shelton President Dr. Thomas Umprhey addresses over 300 graduates during this year's graduation exercises.

She is a member of four honorary education societies and has received appointments as an Office of Education Fellow and a Senior Executive Fellow at Harvard University in 1985. Dr. Gillin is listed in eleven compilations of distinguished Americans in education and is a recipient of a Special Recognition Award for Outstanding Service to the Community Colleges of the Nation. Also in 1988, she received a tribute from Florida A&M University for her contribution to efforts for the retention of black youth in higher education. In 1991, LeMorna-Owen College granted her an honorary doctorate.

Pumping Iron

Do older Southern women have a culturally biased perception against lifting weights?

A number of women over the age of 60 who live in Tuscaloosa, Alabama were found to be under the misconception that weight training is not only dangerous but masculinizes the body and is, in fact, nasty and unladylike.

These and other cultural obstacles concerning the value of weight training were discovered in a recent study by Milady Khoury-Murphy and Michael Dean Murphy published in the November 1992 issue of the referred journal, *Play and Culture*.

Milady Khoury-Murphy is director of the Wellness Center at Shelton State Community College in Tuscaloosa and Michael Murphy is with the department of anthropology at the University of Alabama.

Their article, "Southern (Bar) Belles: The Cultural Problematics of Implementing a Weight Training Program Among Older Southern Women," describes the implementation of a weight training program for older women in a community college wellness center. It also examines the cultural obstacles toward weight lifting held by the women and how they were overcome.

The clients and students of Shelton State's Wellness Center are a diverse mix of people including young and middle-aged adults, college athletes, bodybuilders, children, people with disabilities, and most significantly, older adults. Over 60% of the people participating in the program are over 60 years of age, and the majority of these senior students are women.

What are the cultural obstacles standing between these older Southern women and their acceptance of "pumping iron?" The most common objection to the weight training was the belief that it puts older people at special risk of overexertion, muscle damage, and back injuries. Some women thought this type of exercise was simply too physically dangerous.

A large number of these Southern women feared that working with weights would make them muscle bound and they would become grotesque, masculinized. They, in fact, feared being transformed into one of the pumped-up elite female bodybuilders they occasionally saw on ESPN. Some of the women viewed weight lifting as an activity associated primarily with the working class and completely "unladylike" and "unrefined." They also regarded weight lifting as "dirty" and inappropriate to their gender and age. They felt weight lifting would be so strenuous that it would make them sweat profusely, a condition that most of these older southern ladies wanted to avoid even during serious exercise.

Eventually, nearly all of the misgivings these older women held about training were overcome. The fact that the wellness center is housed in a renovated home on

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Shelton State Community College Announces Architectural Firms For New College Campus

Two Alabama architectural firms and a Tuscaloosa engineering firm will develop and design Shelton State Community College's new campus.

David Volkert & Associates, Inc. of Mobile has been chosen by the college to be the lead architectural firm for the master plan and design of the new campus. Providing assistance in the building and landscape design is PH&J Architects of Montgomery. Assisting with the construction and providing civil engineering services for the project is the local firm of Hankins and Harrison Engineering, Inc.

Since its beginning in 1925, Volkert and Associates has compiled an impressive record in the design of educational and institutional projects. Volkert and Associates was responsible for the master plan and design of the \$12,000,000 College of Business at Auburn University as well as the Mary Hewell Alston Hall, College of Commerce and Business Administration at the University of Alabama. This year Volkert and Associates will complete the new advanced technology center as well as the classroom and administrative building for Faulkner State Community College at a cost of \$3,200,00.

PH&J Architects, Inc. has 36 years of experience in the design of college facilities with a special focus on the design of buildings for two-year colleges. PH&J has been involved with the design and master plans of buildings on a number of Alabama two-year colleges, including Faulkner State Community College, Calhoun

Community College, Shoals Community College, Enterprise Junior College, and four-year institutions such as Judson College, Marion Military Institute, and Livingston University.

The firm was also actively involved in the master campus re-development plan for Partlow State School and Hospital in Tuscaloosa. In 1991 PH&J designed

the master plan for the Retirement Systems of Alabama Office Building II Plaza and the Alabama Center for Commerce in Montgomery.

Hankins and Harrison Engineering, Inc. is one of the leading civil engineering firms in the state. The 25 member firm, which is located in Tuscaloosa, will perform the site engineering work for the project

which will include roadways, water and sewer systems and other utilities. Site work for the project is estimated to cost approximately one million dollars.

"Shelton State has chosen two architectural firms to lead the way in the design of a master plan for our new campus for several reasons. This is the first two-year college to be built in the state in over 20 years. Because of the massiveness of the project, we believe it is advantageous for the college to draw on the strength of these two outstanding architectural firms. This is indeed a historic occasion for the college. When built, Shelton State's new campus will provide a positive economic impact for the entire West Alabama area," said Umphrey.

"Over the past four decades, Shelton State Community College has provided educational services to the people of this area. For many years, a new campus has been our dream, and we have worked

hard to get to this point. Today, we are coming back to the people of this community to ask for their continued help and support in order to make this dream a reality," Umphrey said.



Future plans include a computer center and distance learning program at McKenzie Court Housing project. Joining the faculty at the center include Rep. Bryant Melton, Dean Chester Fredd - CA Fredd Campus, Councilman Charles Steele, Rep. Phil Poole, and Maxie Thomas.



From the President

Dear Friends:

The year 1992-93 was a wonderfully historic year for our college. Student enrollment climbed to an all-time record, making Shelton State the third largest two-year college in Alabama!

The year 1992-93 will also be remembered as a year of firsts for our college. Shelton State became the first two-year college in Alabama to operate under a semester calendar. This has proven to be a tremendously successful venture for our students and employees. Last year saw Shelton State become the first two-year college in the state to transmit classes via a telecommunication system to off-campus sites. Distance Learning is the educational vehicle of the future for rural areas, and we are proud to be at the forefront for this opportunity.

Shelton State faculty and programs once again received national acclaim. The college's Phi Theta Kappa Student Organization received a Five-Star rating as one of the nation's best, and the group's faculty advisors were also recognized.

Shelton State also began a merger process with C.A. Fredd Technical College. Once completed, the merger will allow the college to continue to serve all aspects of our local community. We are tremendously proud of our new colleagues, students and programs at the C. A. Fredd Campus.

The Alabama State Fire College was recognized regionally and nationally for their efforts in training in hazardous materials and fire science. Over 13,000 individuals received training through the Fire College's services in 1992-93! The college also continued to offer services and opportunities through the Water Resources Training Center at our Moundville Campus.

As great as 1992-93 was, 1993-94 promises to be even better. The college is introducing new programs like Commercial Art, Travel and Tourism, Turf Management and other highly visible opportunities for students. These and other innovative programs

will open the door to many successful careers. We also continue to work closely with area businesses and industry. The college worked with many local firms like DCH Regional Medical Center, Harrison Radiator and Uniroyal Goodrich with training opportunities for their employees. These and other programs will be expanded during the coming year.

The college is also preparing for our new college campus which should begin construction some time in 1994. The architectural firm of Volkert and Associates is presently working on a master plan that will design "The Campus of the Future" for West Alabama. Our goal is to serve 10,000 students by the year 2000! Our commitment to the community will be to build the best comprehensive two-year college in our region. Everything we do will be aimed at providing the highest quality service, programs and opportunities to the citizens of West Alabama.

Thanks for all you do in support of your community college.

Sincerely,

Thomas E. Umphrey

President.

It is the official policy of the Alabama Department of Postsecondary Education, including all postsecondary institutions under the control of the State Board of Education, that no person in Alabama shall, on the grounds of race, color, disability, sex, religion, creed, national origin, or age be excluded from participation in, be denied the benefits of or be subjected to discrimination under any program, activity or employment.

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Kimberly-Clark

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Members of the Environmental Science Consortium are Alabama Southern Community College, Demopolis; Calhoun State Community College, Decatur; Central Alabama Community College, Childersburg; Faulkner State Community College, Bay Minette; Lawson State Community College, Birmingham; Northeast Alabama State Community College, Rainsville; Shelton State Community College, Tuscaloosa; and Lurleen B. Wallace State Junior College, Andalusia.

Central Alabama Community College, because of its proximity to the site, will manage the property. Auburn University will advise the college on land and resource issues and will use the property for instructional programs in its School of Forestry. The donated conference center was used by Kimberly-Clark for in-house training programs. It includes a conference room with audio and visual equipment, a dining room, full-service kitchen, activities area, 13 bedrooms and separate living quarters for a resident manager.

The historical village was developed by Kimberly-Clark to highlight the company's stewardship of natural resources, to demonstrate state-of-the-art forestry practices and to provide educational opportunities to study the history and life-styles of Central Alabama.

The village is comprised of 20 buildings and structures, including a church, schoolhouse, log home, general store, gristmill, springhouse, smokehouse and covered bridge. Several of the structures date from the mid-1800s and were transported from original sites in Alabama and five other southern states. Other buildings are reproductions of the period and are equipped with authentic furnishings, tools and other implements.

Pumping Iron

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campus created a non-threatening atmosphere in which older women could exercise without seeming to be in a gym private fitness club.

The students were also gradually introduced to using weights by incorporating very light, pastel colored plastic weights into one segment of a general nonimpact aerobics class. By symbolically distancing the weights they actually employed from the massive, gleaming metal barbell and machines they associated with the media portrayals of weight training, they got used to many of the weight resistance movements before any attempt was made to move the students into the weight room.

Dr. Khoury-Murphy also explained to them that to acquire substantial muscle development of the kind possessed by female bodybuilders required enormous work and dedication and that no one accidentally develops the muscle of an elite bodybuilder. She also pointed out that one of the reasons they associated weight lifting with excessive sweating was that bodybuilders oil themselves for competition. In fact, she emphasized that, in most instances, it was not sweat they were seeing, but rather suntan oil.

As time progressed, Dr. Khoury Murphy found these southern ladies quite interested in the effects of weight training. They listened when she told them that the research on the effects of weight lifting supported the claims that older women could increase muscular strength and muscle tone, raise their metabolic rate, strengthen ligaments and tendons, increase the range of motion in their joints, and slow down bone mineral loss.

However, the most compelling factor to many of these women was the fact that a weight training program not only made them feel better physically but, in fact, might result in greater long-term social independence. Bottom line, it meant that pumping iron now might help them avoid or at least prolong the day when they would have to enter a nursing home.

The results of this study by the Murphys found that by exercising with weights, older southern women worked against several limiting social stereotypes, producing interesting side benefits in the process. Weight lifting allowed these women the opportunity to include the formerly stigmatized use of weights (which bear a heavy masculinizing cultural load), into their leisure activities and also helped them resist the idea that they are old. They found exercise to be a buffer against age not just because of its positive physiological consequences but also because it culturally postpones the self-definition of agedness.

These older southern women at Shelton State Community College are now committed to physical exercise such as weight lifting. They know that weight training offers an even greater cultural effect than other exercises, such as aerobics, because it challenges gender and class as well as age stereotypes.

Shelton Sells 15th Street Campus

An agreement to sell Shelton State Community College's Fifteenth Street Campus has been announced recently by Tom Umphrey, Shelton's president. The money from the sale of the property will be used to build Shelton State's new campus that will be located in south Tuscaloosa County.

Included in the sale will be approximately 39 acres. The buyer is Aronov Realty, a Montgomery-based company that owns and operates Tuscaloosa's University Mall. Cost of the property is estimated at \$4.8 million.

A closing date on the property has not been set at this time, and details of the sale have not been finalized yet, according to Umphrey. However, Umphrey anticipates the college will move from the Fifteenth Street property within the next two years.

the Shelton Statement

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Shelton State Community College

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